



Self-Assessment of Coaching Skills

Go back to Module 1B about Essential Coaching Skills. Rate yourself on each of the ones listed on a scale of 1-10 with one being low and ten being high. Then write a narrative of your strengths and the personal and professional obstacles you anticipate encountering. You should have a minimum of ten strengths but please, don't stop there if you have more, and a minimum of three obstacles to overcome but again, don't stop there if you anticipate more. They are just minimum suggestions.

Address each obstacle with a plan for meeting the challenge and include how you will complete your 100 hours of continuing education in the next five years, including three hours of ethics training.

Submit your narrative to assignments@academyofchoice.com.